

Carlsbad Paradise Cafe' by the Sea

May 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE	Bingo Every Tuesday - 1:00 	Optional Salads every Wednesday 	1 French Dip Sandwich Roast Beef Au Jus Sweet Potatoes Three Bean Salad Roll Fresh Fruit Billy Harper Band in the Auditorium	2 Spinach, Mushroom & Cheese Lasagna Marinara Sauce Italian Vegetables Caesar Salad Italian Bread Peaches
5 Cinco de Mayo Chicken Fajitas Mexican Rice Refried Beans Shredded Lettuce, Diced Tomatoes, Sour Cream, Cheese, Salsa, Tortillas Mandarin Oranges	6 Beef Stew Carrots, Onions & Celery Parsley Potatoes Mixed Green Salad with Tomato & Cucumber, Biscuit Brownie	7 Liver & Onions Mashed Potatoes Gravy, Peas & Carrots Beet Salad, Dinner Roll Fresh Fruit ALTERNATE: Oriental Chicken Salad	8 Orange Chicken Fried Rice Asian Cabbage Salad Sesame Green Beans & Carrots, Pineapple Fortune Cookies Free Movie: Chicago with Richard Gere	9 Mother's Day Celebration Salmon Oscar with Crabmeat, Asparagus & Sauce Béarnaise Duchess Potatoes Mixed Green Salad French Bread Peach Melba
12 Chicken Cacciatore Bowtie Pasta Zucchini Garbanzo Bean Salad Garlic Bread Tropical Fruit Salad	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes Stewed Tomatoes Spinach WW Bread Vanilla Pudding	14 Pork Carnitas Cumin Rice Black Beans Shredded Lettuce, Diced Tomatoes, Sour Cream Salsa, Tortillas Orange ALTERNATE: Tuna & Egg Salad Duet with Fruit; Croissant	15 Tuna Salad Sandwich Cream of Carrot Soup Whole Wheat Bread Potato Salad Green Salad with Tomato & Cucumbers Fresh Fruit Choraleers' perform in the Auditorium	16 BBQ Chicken Oven Roasted Sweet Potatoes, Corn, Coleslaw Ice Cream with Berry Sauce  HAPPY BIRTHDAY
19 Gyros Beef & Lamb Strips Cucumber Yogurt Sauce Basmati Rice Greek Salad Pita Bread Fresh Fruit	20 Chicken Marsala Brown Rice Peas & Carrots Spinach Salad with Mandarins Honey Dijon Oatmeal Cookies	21 Ham with Apricot Sauce Sweet Potatoes Corn Dinner Roll Jell-O with Fruit ALTERNATE: Spinach Salad w/ Bacon, Hard-boiled Egg, Mandarins	22 Penne with Chicken Pesto Cream Sauce Zucchini with Tomatoes Tossed Salad with Shredded Carrots French Bread Apple Cobbler	23 Memorial Day BBQ Grilled Hamburgers & Hotdogs Potato Salad Baked Beans Lettuce, Tomatoes Watermelon
26 Memorial Day Holiday - Closed 	27 Spaghetti & Meatballs Marinara Sauce Spinach Caesar Salad Garlic Bread Fresh Fruit	28 Jaeger Schnitzel Pork Cutlet & Mushrooms, Parsley Potatoes, Sauerkraut Cucumber Salad Apple Strudel ALTERNATE: Caesar Salad with Chicken	29 Meatloaf Mashed Potatoes Gravy Corn Dinner Roll Carrot Cake	30 Fish & Chips Tartar Sauce Coleslaw Carrot Salad with Pineapple Sherbet

Carlsbad Paradise Café by the Sea Information – (760) 602-4650



The Carlsbad Senior Center serves nutritious “HOT” meals
Monday - Friday in our Dining Room.

The suggested **donation** for seniors who are 60+ is **\$3.00**.
A **\$5.00** lunch fee applies to non-seniors.

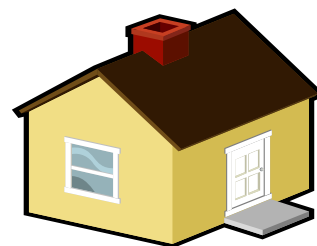
On every Wednesday we offer an alternate salad
so please specify if you want the Entrée or Salad.

Advance reservations can be made in person or by calling (760) 602-4655.
Please tell us the day you’re attending lunch and leave your full name and phone number.

Cancellations can be made by calling (760) 602-4655.
Dining room seating is available at 11:00am and lunch is served at 12 Noon.
You may **forfeit** your lunch reservation if you do not check-in prior to 11:45am.

We also deliver meals to “homebound” seniors living in Carlsbad
Monday-Friday for a suggested donation of \$3.75.

In addition, frozen meals are available
for the weekend and will be delivered on Fridays.
For information call (760) 602-4652.



Transportation to the Center for lunch and back home is available
Monday-Friday to Carlsbad seniors 60+ and unable to drive.



For transportation reservations call (760) 602-4650. Transportation for
medical appointments is provided Monday, Tuesday, Thursday and Friday.
Appointments must be made in advance.

Wednesday transportation is reserved for shopping at Stater Brothers.
The first Thursday of the month transportation is provided to go to Wal-Mart or Trader Joe’s.

Special transportation option is available every Tuesday for lunch & Bingo
and the second Thursday of each month for lunch and our FREE monthly MOVIE.

This Program is supported by the City of Carlsbad and Older Americans Act Funds through San
Diego County Aging & Independence Services.

** Creating Community through People, Parks and Programs **